

2019 Walk Maryland Day Report



Report composed by the Center for Chronic Disease Prevention and Control,
Maryland Department of Health

Summary

Physical activity guidelines recommend that adults engage in 150 minutes a week of moderate intensity aerobic physical activity, such as brisk walking; children and adolescents should engage in 60 minutes or more each day¹. People who are physically active have a lower risk for heart disease, stroke, type-2 diabetes, depression, and some cancers¹.

Governor Larry Hogan declared October 2, 2019 the fifth annual Walk Maryland Day. Walk Maryland Day is a celebration of our state's official exercise and a call to action to promote walking for physical activity and improved health. This year's goals were to engage 20,000 Marylanders, track walking events, and register 125 Walking Leaders.

A 14-member planning committee formed to support Walk Maryland Day. The committee meets monthly to plan goals and activities for Walk Maryland Day. Committee member duties range from offering support and collaboration; to planning, promotion, implementation of Walk Maryland Day and related activities where possible; and support sustainability efforts to keep Marylanders walking.

Walk Maryland Day Planning Committee

- Amanda Klein, Maryland Department of Health
- Caroline Green, Maryland Department of Health
- Cameron Pollock, Maryland Department of Aging
- David Conway, AARP
- Erin Ashinghurst, Maryland Department of Health
- Francine Waters, Maryland Department of Transportation
- Jason Semanoff, Maryland State Department of Education
- Jennifer Holz, AARP
- Margaret Fowler, Calvert Health Med
- Marian Vessels, Community Member
- Marty Baker, Maryland Department of Transportation
- Melissa Beasley, Maryland Department of Health
- Nacole Smith, Maryland Department of Health
- Tiffany Williams Jennings, Prince George's County
- Thuy Nguyen, Maryland Department of Health

¹ Centers for Disease Control and Prevention, 2018. Accessed at: <https://www.cdc.gov/physicalactivity/index.html>

Highlights

- Governor Larry Hogan proclaimed October 2, 2019 as Walk Maryland Day
- 62 registered Walking Leaders
- Over 60 walks were hosted throughout Maryland
- 8,114 seniors walked during Walk Maryland Day
- 63 schools in Maryland participated in International Walk to School Day
- 30 senior centers participated in Walk Maryland Day
- All 24 Maryland jurisdictions participated in Walk Maryland Day
- Over 6 million miles walked!

Walking Leaders

Walking Leaders are the change agents from different sectors of the community who see the health benefits of walking and encourage fellow Marylanders to take time out of their day to enjoy a walk within their community. Below is a list of our 2019 Walking Leaders.

**Alice Allen
Amanda Klein
Angela Deal
Annie Sparks
Barbara Pere
Bernadette Wagner
Brienne Rowh
Cara Rozaieski
Caroline Green
Carrie Aaron
Charissa Hipp
Christopher Parks
Courtney Gonce
David Conway
DeAnn Kennell
Efrain Delgado
Emily Feldstein
Hannah Person
Ieasha Nicholosn
Jamel Spence
Jennifer Goodrich
Jennifer Lee
Jessica Plowman
Julie Jones
Keith Murvin
Kimberly Torsiello**

**Kristy Alleva
Lacy DeRigo
Leigh Marquess
Lori Spence
Mary Kate Crawford
Meg Smolinski
Meg Timmons
Melinda Gaines
Mia Bjelogrljic
Michael Grogan
Michelle Ignaszewski
Michelle Rosenfeld
Nacole Smith
Nan Schultz
Nate Evans
Nicole Morris
Nicole Sheehan
Pamela Nicholson-Flora
Razan Sahuri
Reena Rambharat
Sabra Kurth
Sabrina Davis
Sarafina Cooper
Shawni Paraska
Shelley English
Staci McGowan**

**Tara Butler
Taylor Morton
Teresa Greene
Teresa Reed
Teresa Way-Pezzuti
Tiffany Williams Jennings
Tina Purser Langley**

Walk Maryland Day Photos

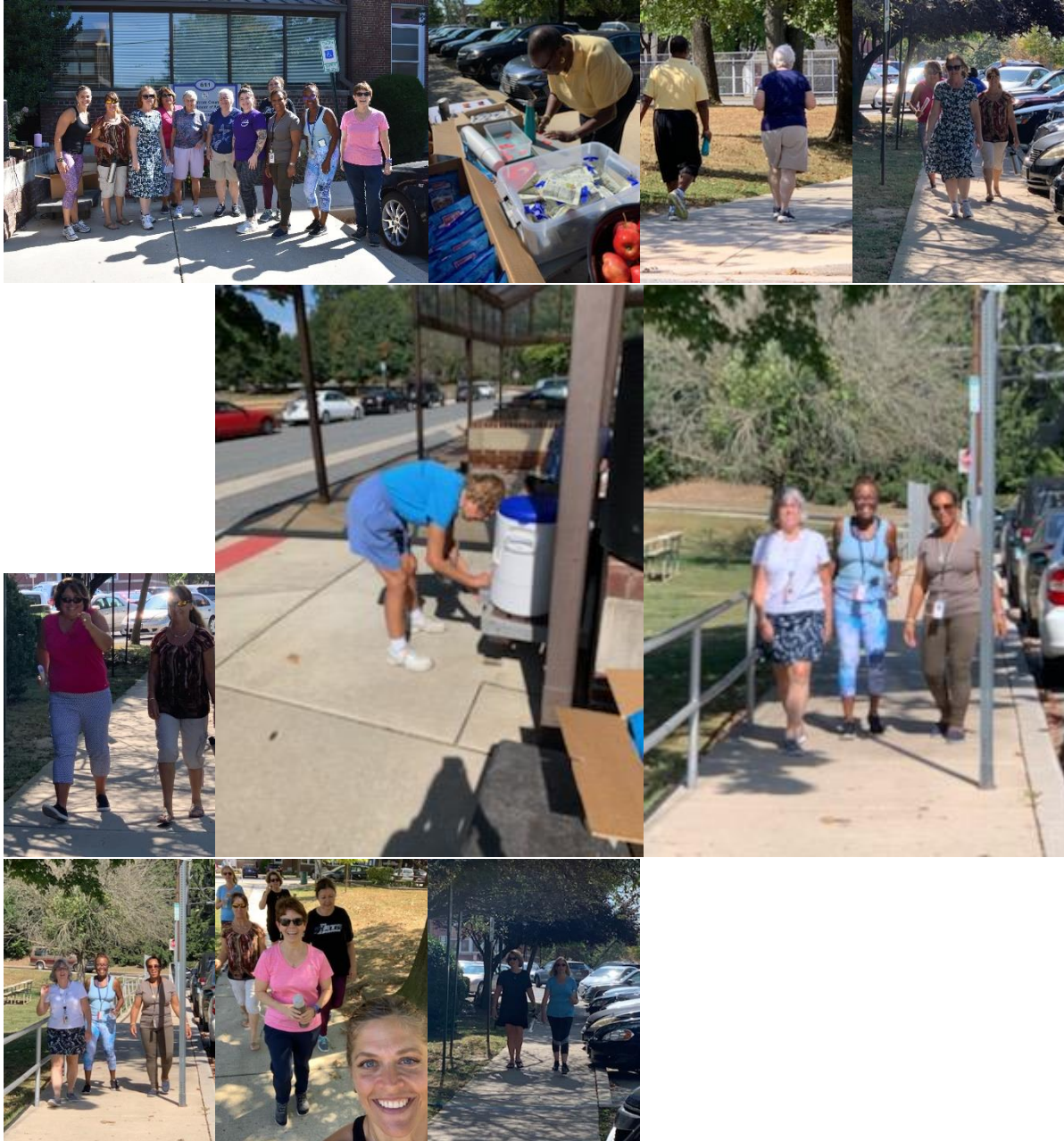
Allegany College



AOPA



Baltimore County Bykota SC



Carroll County



Cumberland Senior Center



Prince George's County Alumnae Chapter of Delta Sigma Theta Sorority, Inc.



East Columbia 50+ Center



Elkridge 50+ Center



Georges Creek Senior Center



Hagerstown Cultural Trail Walk



Havre de Grace



Howard County General Hospital



Howard County Health Department



Montgomery County



Queen Anne's



St. Mary's



State Center



University of Maryland Extension



Victory Villa



Washington County



Winter Growth

